

## Active Aging Week Activities

If you are interested in attending any of these events or would like further information please contact your community cen

Center	Monday 23rd	Tuesday 24th	Wednesday 25th	Thursday 26th
Alma 275 1315			Cumbia Music Exercise	SJSU - Go4Life Exercise Demo
Almaden 268- 1133	Yoga Tutorial 12pm	Movie and Popcorn 1pm	Housing Discrimination Presentation 10am Alzheimer's Association Workshop 6pm	SJSU - Go4Life Exercise Demo
Berryessa 251-6392		Line Dancing		
Camden 559-6209		Feldenkrais Demo	Tai Chi	Enhance Fitness
Cypress 244- 1353			Dance Fit 11am	
Evergreen 270-2220			SJSU - Go4Life Exercise Demo / Zumba	
Gardner 279-1498				
Mayfair 794-1060		SJSU - Go4Life Exercise Demo	VTA Resource Table	
Roosevelt 794-7555		SJSU - Go4Life Exercise Demo		Yuan Chi 11:45
Seven Trees 794-1060		VTA Resource Table		
Southside 629-3435	Fitness over 50 demonstration	Outreach walking program	Outreach resource table	90's Bday Celebration
Willow Glen 448-6400	VTA Resource Table			SJSU - Go4Life Exercise Demo

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Friday 27th
Cumbia Music Exercise
Karaoke Show 12:30pm
Yoga
Yoga Demonstration
VTA Resource Table
SJSU - Go4Life Exercise Demo
Yogalite Hata Demonstration